

**Abstract of the Invention:**

A strapping system for footwear comprises a strap that has a first end connected to a first side of a heel portion of a sole, passes over the instep of a foot, through a transverse channel extending across the center of a sole, back over the foot instep, thereby forming an X shape over the wearer's foot, and is adjustably connected to the second side of a heel portion of a sole. The channel is resilient and rigid so as to allow the strap freedom of movement during use; thereby achieving a dynamic and self adjusting strap fit. Improved footwear comprises a sole having a strap, the strap having a first end connected to a first side of a heel portion of a sole, passing over the instep or a wearer's foot, through a transverse channel extending through the sole midfoot region, back over the foot instep, and is adjustably connected to the second side of a heel portion of a sole.

2019041420098